

Army Suicide Prevention Program and Army Community Service *Resiliency Fair*

September 26 ,2013

9:00 am—2:30 pm

Commons at Dillenbeck's Corner

Are You Resilient?

**Participate in Workshops,
Visit Booths and displays**

**Concentrate on Your Physical, Emotional and Spiritual Well being
Learn Mindful Practices, Deep breathing, Meditation and Relaxation**

The Following Workshops are being offered with limited seating:

please RSVP and reserve your seat with Lori Starr at

772-9018 or Lorilyn.starr.civ@mail.mil.

9:15-10:00

Master Resilience Training

10:00-11:30

Breath Body Soul or Game On

12:45-1:30

Master Resilience Training

1:30-3:00

Breath Body Soul or Game On

*For More Information Contact Lori Starr 772-9018
Or Sarah Lynch 772-5374*

